

## CLAIMS

1. An orthotic forearm device comprising an upper portion configured to attach to an upper arm, a lower portion configured to attach to a forearm, and a rotation component positioned around said lower portion, wherein said rotation component is configured to exert static progressive stretch upon a forearm contained in said lower portion, wherein said static progressive stretch comprises supinated static progressive stretch and pronated static progressive stretch.
2. The orthotic forearm device of Claim 1, wherein said orthotic device is configured to serve as a stretching splint.
3. The orthotic forearm device of Claim 1, wherein said orthotic device is configured to serve as a free motion brace.
4. The orthotic forearm device of Claim 1, wherein said lower portion comprises a mechanical axis, wherein said forearm comprises an anatomical axis, wherein said mechanical axis matches the anatomical axis of said forearm.
5. The orthotic forearm device of Claim 1, wherein said upper portion and said lower portion comprise a thermoplastic coating.
6. The orthotic forearm device of Claim 5, wherein said thermoplastic coating comprises polyethylene plastic.
7. The orthotic forearm device of Claim 6, wherein said polyethylene plastic is greater than 3/16 inch thick.
8. The orthotic forearm device of Claim 1, wherein said rotation component comprises a band and a plate, wherein said band wraps around said lower portion, wherein said band comprises two offset channels, wherein said plate

is positioned over said two offset channels, wherein said plate comprises two fasteners, wherein said two fasteners secure said two offset channels.

- 5           9.     The orthotic forearm device of Claim 8, wherein said static progressive stretch is applied through twisting of said rotational component.
10.    A method of treating a forearm disorder, comprising:
- a)     providing an orthotic device of Claim 1;
- b)     fitting said orthotic device upon a forearm; and
- 10           c)     exerting static progressive stretch upon said forearm.
11.    The method of Claim 10, wherein said orthotic device further comprises an upper portion, a connecting component, a lower portion, and a rotation component, wherein said rotation component is configured to exert said static
- 15           progressive stretch upon said lower portion, wherein said connecting component connects said lower portion and said upper portion.
12.    The method of Claim 10, wherein said static progressive stretch comprises supinated static progressive stretch and pronated static progressive stretch.

20